

**ABSTRACT OF THE DISCLOSURE**

An implant plate according to the invention, for use in surgery or orthopedics, serves to stabilize a fracture of an upper-arm head or a fracture of a proximal upper arm. A head portion of the implant plate is fitted with at least one raised receiving member for a flexible fastening member on a side facing away from a bone. Each receiving member has an aperture extending substantially parallel to an outer edge or contour, and to an upper and lower side of the implant plate for threading, passing-through, and drawing together the flexible fastening member. The receiving member can be formed using process and plant technology from strip material, or using externally fabricated receiving members that are welded, press-welded, soldered, screwed, or riveted onto an outer side of the implant plate. The invention also comprises a method for manufacturing the implant plates.